



Stick & Puck/Leisure/ Adult Hockey Schedule

May

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><u>Adult Hockey</u> 11:30am – 12:45pm</p> <p><u>Stick & Puck</u> 12:15pm- 1:15pm</p>	<p>2</p> <p><u>Adult Hockey</u> 11:45am- 1:00pm</p> <p><u>Stick & Puck</u> 3:15pm-4:15pm</p>	<p>3</p> <p><u>Adult Hockey</u> 11:15am- 12:30pm</p> <p><u>Stick & Puck</u> 9:45am-10:45am 12:15pm-1:15pm 3:30pm-4:30pm</p>	<p>4</p> <p><u>Adult Hockey</u> 11:30am- 12:45pm</p> <p><u>Stick & Puck</u> 3:15pm-4:15pm</p>	<p>5</p> 
<p>8</p> <p><u>Adult Hockey</u> 11:45am- 1:00pm</p> <p><u>Stick & Puck</u> 9:15am-10:15am 11:45am-12:45pm</p>	<p>9</p> <p><u>Adult Hockey</u> 11:45am- 1:00pm</p> <p><u>Stick & Puck</u> 9:30am-10:30am 10:45am-11:45am 3:15pm-4:15pm</p>	<p>10</p> <p><u>Stick & Puck</u> 9:30am-10:30am 12:15pm-1:15pm 3:30pm-4:30pm</p>	<p>11</p> <p><u>Stick & Puck</u> 10:45am-11:45am 3:15pm-4:15pm</p>	<p>12</p> <p><u>Adult Hockey</u> 11:30am – 12:45pm</p>
<p>15</p> <p><u>Adult Hockey</u> 11:45am – 1:00pm</p> <p><u>Stick & Puck</u> 10:00am-11:00am 11:45am-12:45pm</p>	<p>16</p> <p><u>Stick & Puck</u> 1:30pm-2:30pm</p>	<p>17</p> <p><u>Stick & Puck</u> 9:45am-10:45am 12:15pm-1:15pm</p>	<p>18</p> <p><u>Stick & Puck</u> 1:30pm-2:30pm</p>	<p>19</p> <p><u>Adult Hockey</u> 11:45am – 1:00pm</p> <p><u>Stick & Puck</u> 9:15am-10:15am 12:15pm-1:15pm 3:45pm-4:45pm</p>

<p>22</p> <p><u>Adult Hockey</u> 11:30am – 12:45pm</p>	<p>23</p> <p><u>Stick & Puck</u> 9:15am-10:15am</p>	<p>24</p> <p><u>Stick & Puck</u> 9:15am-10:15am 11:45am-12:45pm 3:30pm-4:30pm</p>	<p>25</p> <p><u>Stick & Puck</u> 9:15am-10:15am</p>	<p>26</p> <p>NO DROP IN PROGRAMS</p>
<p>29</p> <p><u>Adult Hockey</u> 11:45am – 1:00pm</p> <p><u>Stick & Puck</u> 9:15am-10:15am</p>	<p>30</p> <p><u>Stick & Puck</u> 1:30pm-2:30pm</p>	<p>31</p> <p><u>Stick & Puck</u> 12:00pm-1:00pm 3:45pm-4:45pm</p>		

Adult Hockey:

Registration opens **online** the last Thursday of each month at 4:00pm for the following month.

\$10 Register @ www.shop.capitalnewscentre.com

Must be **19+** years to participate, full gear required. All players must register online subject to availability.

VISA DEBIT unfortunately is not accepted

LEISURE RINK UNTIL OCTOBER 2017

Stick & Puck: Times are subject to change. Find up-to-date schedule at www.capitalnewscentre.com

Stick & puck is an opportunity to work on stick handling and shooting skills. Bring your own stick, gloves, skates, and helmet. Helmets are mandatory for all participants. Please note all participants under the age of 18 are required to wear CSA approved face cage. Due to the minimal equipment requirements scrimmages and goalies are not allowed. No advanced registration necessary.

\$7 per person